

Incurably Wonderful Timetable - November 2025

Website: <https://incurablywonderful.org>

Email: admin@incurablywonderful.org

Tel: 07955 702 960 (Unmanned)



Weekly Activities

Day	Time	Activity	Duration	Location	Postcode
Monday	5.30 pm	Special Event*	1 - 1.5 Hr	The Reader	L3 8JA
Tuesday	10.30 am	Weekly Chair Yoga (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Tuesday	11.30 am	Weekly Chair Pilates (L8 Edition)**	1 hr	John Archer Hall	L8 1YR
Tuesday	5.30 pm	Special Event* (Online Edition)	1 hr	Online - Zoom	N/A
Thursday	10.00 am	Weekly Chair Yoga (over 60's) Call 0151 300 8420	1 hr	Life Bank, 23 Quorn Street	L7 2QR
Thursday	11.00 am	Weekly Strength Training (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Thursday	12.00 pm	Weekly Meditation and Chair Yoga (L8 Edition)	1 hr	John Archer Hall	L8 1YR
Thursday	2.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L3 8JA
Thursday	3.00 pm	Special Event* (City Edition)	1 - 1.5 hr	CLPCN, 81 London Rd	L38JA
Thursday	5.30 pm	Special Event* (Online Edition)	1 - 1.5 hr	Online - Zoom	N/A
Friday	11.00 am	Walk 'N' Talk - Sefton Park	1 hr	Sefton Park	L17 0ES
Friday	1.00 pm	Slim 'N' Swim - 12 week course	1 - 2 hr	Nuffield Health Cafe,	L3 4EN
Saturday	11.00 am	Walk 'N' Talk - Calderstones Park	1 hr	Calderstones Park,	L18 3JD

*Special Events - Please turn over to see reverse side for detailed timetable of events

**Please note Chair Pilates will not be running on Tuesday the 11th of November.

Special Events - November 2025

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Date	Day	Time	Activity	Duration	Location	Postcode
3rd November	Monday	5.30 pm	Book Club (L18 Edition)	1 hr	The Reader	L18 3JD
6th November	Thursday	2.00 pm	Coffee N Natter (City Edition)	1 hr	CLPCN, 81 London Rd	L3 8JA
6th November	Thursday	3.00 pm	Warriors Unite (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
10th November	Monday	5.30 pm	Express Writing (L18 Edition)	1 hr	The Reader	L18 3JD
11th November	Tuesday	5.30 pm	Book Club (Online Edition)	1 hr	Online - Zoom	N/A
13th November	Thursday	2.00 pm	Book Club (City Edition)	1 hr	CLPCN, 81 London Rd	L3 8JA
13th November	Thursday	3.00 pm	Stitching Hour Club (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
17th November	Monday	5.30 pm	Warriors Unite (L18 Edition)	1.5 hrs	The Reader	L18 3JD
18th November	Tuesday	5.30 pm	Express Writing (Online Edition)	1 hr	Online - Zoom	N/A
20th November	Thursday	2.00 pm	Incurably Crafty (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA
20th November	Thursday	3.30 pm	Express Writing (City Edition)	1 hr	CLPCN, 81 London Rd	L3 8JA
20th November	Thursday	5.30 pm	Live Guided Meditation (Online Edition)	1 hr	Online - Zoom	N/A
27th November	Thursday	2.00 pm	Health and Wellness Club (City Edition)	1.5 hrs	CLPCN, 81 London Rd	L3 8JA